

Of Interest to Every Woman

Edited by *Martha Westover*

Be Beautiful

**Chest Expansion
Affects All Organs**

BY ABIGAIL MOORE.

"There will be no flat-chested women when common sense regulates the daily life of growing girls. It is a declaration of a noted physical culturist, and this might be amended to read, 'when girls are made to understand how vital are the effects of a broad, upheld chest.'"

It is the keynote of a good figure and graceful motion. No one can be graceful whose chest is compressed because none of the movements then can be free or natural. Arms, instead of being moved from shoulderblades, are nature intended them to be, are swung from the shoulders, and shoulders, instead of continuing the line of the neck, make an ugly forward curve. Slumping forward makes the shoulders round, thus narrowing the back and compressing the lungs. This limits breathing space and necessitates short breathing. In turn, this makes it impossible for the lungs to be emptied of vitiated air, and it is retained to poison the system and weaken it. A drooping, narrow chest also compresses the wall of the stomach and so that they are prevented from working properly. Nine times out of ten that so common "tired feeling" is due primarily to a restricted chest.

To change these things, thrust the chest up, and at the same time throw it out. As I have urged frequently, imagine you have a diamond breast-plate which you are anxious should be seen without apparent effort on your part. The chest immediately takes on two or three inches in breadth, shoulders go back where they belong, all the internal organs automatically assume their correct positions, breathing becomes deep and rhythmic, circulation is free, and the whole system is regulated. Remember the uplifting particularly, because it is quite possible to expand the chest without raising it, but the effects are in no way the same.

Here is an exercise which, by stretching the muscles that connect chest and shoulders, will help you expand the former:

I stand in good position, clasp the hands behind you; then, without lowering



A Characteristic Pose by May Buckley.

the chest or ducking the head, as you will be inclined to do, raise the hands, still clasped, as far as you can. Clasp hands high over head—still standing in position—and lower them as far to the rear as possible. Do not try to reach too far at first.

A REAL STUDIO TEA AND RARE MUSICALS

A real studio musicale and tea is usually a far different affair from what is generally conceived to be. As this statement demands definition, a "real studio" should be explained as the studio of an artist who has made good, and the "general conception" of these social gatherings erroneously imagined as almost exclusively Bohemian.

When a truly great artist entertains his or her friends there is usually a remarkable atmosphere about the assembly that exempts it from either the tediousness or the artificiality of conventionalities, and which places it in a distinctive class superior to both.

A typical Studio Tea. A Philadelphia artist, who won big honors abroad during the spring exhibitions last year, shares a studio of three well-designed and furnished rooms with a musician of note. The entrance is so arranged that one can get into the studio of the artist and thence pass through the artist's room into the music room, where the pianist is usually to be found, or one can enter the Oriental room, which may be used as a reception room for either. By drawing back curtains it is possible to give the three large rooms the effect of a hall fitted up with gorgeous hangings, tapestries, paintings, thrones, statuary, bronzes, rare pedestals, and endless curios and decorative bits that would ravish the taste of a connoisseur.

The guests came chiefly to see the painting that the artist is to send to the greatest of all French salons. It was hung in the studio, and the celebrities in that quiet, stately, natural way that Schiller tells us is the sign of true genius, paid tribute to it.

Real Novelties in Entertaining. And so on down a program that would cost a small fortune to listen to from a public stage, with novelties that would give pointers to theatrical managers did they but know of them. Bassoon, (soprano, contralto, and soprano, violinists and pianists, whom the world applauds and watches contribute, and, finally, an Indian prince, garbed in a gorgeous, jeweled costume, and seated on a throne couch in the Oriental room that had been a replica of that used by Schaherazade when she told her famous tales, plays upon a stringed instrument from India, accompanying himself to an interpretation of one of his native songs with a voice of wonderful beauty that his riches and leisure enabled him to do justice to. Then the guests depart as quietly and informally as they came.

Goes further than green tea—and more refreshing, too.

Ridgways Tea

INTERESTING RECIPES

Pineapple Nectar.

Pure and remove the eyes from a fine ripe pineapple and grate on a coarse grater, add to each pint of pulp half a pint of water. Press through a sieve and add to every quart one pound of sugar boiled to a syrup with half a pint of water. Leave it till cold; then add the whipped white of one egg, beat thoroughly for a few minutes and place on ice until to serve.

Pineapple Icing.

Mix together half a pint of grated pineapple (using juice and pulp) and half a pint of sugar; if only the canned article is available decrease the amount of sugar by one-third. Add half a teaspoonful of lemon juice and boil slowly, but steadily, until the syrup will spin a thread when dropped from the prongs of a fork. Have ready the whites of two eggs whipped to a froth, then pour the syrup in a fine stream, beating steadily. When mixed stand the saucers on the side of the fire for a few moments, heating hard. When the egg seems to be cooking transfer to a pan of cold water and beat slowly until the icing is thick enough to spread.

Pineapple Glace.

Peel and slice the fruit and put it dry between the folds of a towel. Boil together without stirring one pound of sugar and a half a cupful of water. When a little dropped into cold water and lay on waxed or greased paper to dry. This drying process would be best done where the air is dry and warm.

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SPRINGLIKE TOUCHES TO THE OLD SUIT

In most places spring is so short that it seems hardly worth while to get a new spring suit. Many little touches can be given to last year's spring and autumn suit, or to the winter suit we have been wearing for four or five months, to make it look seasonable until the time for a new summer suit comes.

At the task of bringing the very old suit into vogue seems hopeless. There probably never was a time when last year's suit looked more unlike this year's suit than the present. For since last spring the tunic has made its appearance. Whereas, last spring our suits were tight about the hips, this year they are full and there comes the difficulty. Our silhouette has entirely changed.

Perhaps for this reason a home-made suit, if you have some more of the material from which it was made on hand, is the easiest to change. At any rate, a suit not of the strictly tailored type—one of soft and pliable materials—is not so very difficult to manage.

Suppose it is a beige suit with a skirt tight from hips to hem. The light beige is still acceptable. A deep blue suit of fine black or striped silk, or of black morie silk, with a wide folded girdle of the same material, you have some of the old silk on hand. Another way to refresh the old suit is to put a serge tunic, belt and suspender straps over the shoulders on it, for serge is much used this year to trim silk.

A good tail suit is a good tail suit even if it is not in the height of fashion, and so if you have one left over you can refresh it by the addition of some little accessories. Wear it regardless of the extreme mode.

Embroidered pique waistcoats, or a profound impression upon all those races and tribes of Asia which professing various forms of Buddhism, regarded Lhasa as the holy of holies, and the Dal Lama not merely as a religious leader, but even in the light of a divinity.

Born in India, within the sight of the Cashmere Mountains, Sir Francis belongs to a family, the name of which is one to conjure with in England's great Oriental empire. Both his father and grandfather distinguished themselves as soldiers in those wars by means of which Great Britain established her mastery over India, his brothers and cousins have followed in the same path.

His first encounter with Lord Curzon was a curious one. In 1892, before Curzon had entered Parliament, or even he was thought of in connection with India, he read a paper before the Royal Geographical Society, in London, on the subject of the Pamirs, which he had recently visited. Curzon in those days, much more than in the present time, was inclined to be very positive in his statements, to assume a knowledge of his subject superior to every one else.

Curzon had no sooner finished his address than there arose from the benches a quiet looking man, wholly unknown to any one present, with a singularly soft and pleasant voice, of middle height, square jawed, with heavy eyebrows and mustaches, who proceeded to apply to Curzon's paper, in a very simple manner, a criticism sharpened and pointed at every turn with personal experiences, all the more refreshing and severe because it was spoken in a conversational tone, with slow, deprecatory gestures, and without the slightest passion or prejudice. Not until he had finished speaking did his hearers become aware that he was Frank Younghusband, the hero of the Indian Staff Corps, the hero of the at that time quite recent journey from Peking to India, through the heart of the Asiatic Continent.

Lord Curzon, when he became Viceroy of India, expunged his criticism, and as soon as he reached Calcutta, appointed Younghusband to the important and difficult post of British resident at the court of the Maharajah of India, subsequently realizing the dream of his youth, after having long the command of the expedition to Tibet. It was on his return from Lhasa that he was created a knight commander of the Order of the Indian Empire.

Sir Frank's last post in India was that of British resident of Cashmere, and if he was allowed to retire from the service without any additional honors, it was because of the vigorous criticism in which he subjected the policy of the present administration of withdrawing its agents from Lhasa, and in sacrificing all the advantages and privileged position which he and Lord Curzon had secured in Tibet by military occupation of the country.

These sacrifices were made for the purpose of cementing British friendship with Russia. But the result has been unfortunate. For England's withdrawal was regarded throughout Asia as a sign of weakness, and China took advantage thereof to transform her purely nominal suzerainty into effective sovereignty, converting Tibet into a Chinese province, and now mainly owing to the large body of troops, Whereas Sir Francis Younghusband, at the very gates of British India, at the very gates of British India, at the very gates of British India.

Since his return to England, Sir Francis, who has the gold medal of the Royal Geographical Society, and honorary degrees from most of the universities of the United Kingdom, has been Rede lecturer at Cambridge, has traveled extensively in South Africa, and written much about that part of the world, and is married to the widow of Colonel the Hon. T. Vesey Dawson, of the Coldstream Guards, who inherited a very large fortune from her father, the late Charles Magdalen, M. P., the Lombard Street banker, in London.

A couple of years ago Sir Francis was knocked down and run over by an automobile in Belgium, while walking in the vicinity of Spa, sustaining among other injuries, a compound fracture of the thigh, to which congestion of the lungs supervened, his recovery being in the nature almost of a miracle.

That after escaping from extraordinary dangers in barbarous and unknown regions, and in the numerous campaigns in which he participated, he should have been overtaken by an utterly commonplace accident such as this, is entirely in keeping with the lot of other equally famous explorers. Thus, John Speke, one of the discoverers of the source of the Nile, after the most hairbreadth escapes from death in Central Africa, returned in safety, and wholly unharmed, to England, only to be killed through an accidental discharge of his gun while out rabbit shooting in the neighborhood of Bath. And there are at least a dozen other instances of the same kind that I could mention.

Among the fellow passengers of Sir Frank Younghusband on board the Mauretania is the Hon. Bertrand Russell, his brother and next of kin, the Earl of Russell, and who enjoys the distinction of having been the first candidate to be put forward at a parliamentary election in England by the militant suffragettes of Great Britain. He is a very learned man, who, after a most distinguished university career at Cambridge, has been for a number of years past a lecturer on higher mathematics, philosophy, and moral sciences, at his alma mater, making his home at Cambridge. He has likewise been a lecturer on higher mathematics at Harvard, and has an American wife, a daughter of Lt. Pearsall Smith, of Philadelphia.

Bertrand Russell is not on good terms with his elder brother. Indeed, his wife's Philadelphia relatives came rather prominently before the public some years ago, in an attempt to prevent the Earl from landing in the United States, on the ground of his having served a term of imprisonment, after conviction of bigamy by the House of Lords. Bertrand Russell, like the Earl, is a grandson of that diminutive statesman, Lord John Russell, who was Secretary of State for Foreign Affairs, and Premier, throughout the War of the Union in America, and who so nearly involved Great Britain in a war with the United States in 1852.

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The Great Trials of History

TRIAL OF JOSHUA H. SMITH.

It will be remembered that when Benedict Arnold was about to accomplish his treason for the delivery of West Point to the enemy during the Revolutionary War, with Major Andre, commanding in behalf of the British commander, the meeting of the two officers was held at the house of Joshua H. Smith. Andre, soon after leaving the Smith house, was captured by American soldiers and was executed as a spy, and Arnold only saved himself by escaping to the British lines, and afterwards making his home in a foreign land.

As soon as the treason of Arnold became known, the commander-in-chief of the American army took decisive and energetic measures to ascertain how far the defection extended, and to punish all who had been in any manner cognizant of the traitor's designs. It was not long until it was satisfactorily ascertained that no just ground of suspicion could be entertained against any of the American officers.

There was one person, however, who had been loud in his professions in favor of the cause of liberty, against whom there were strong suspicions, and this was Joshua H. Smith, who had not only harbored the spy at his house, but had gone on board the Vulture with Andre. Indeed, Andre had on a suit of Smith's clothes when he was taken prisoner.

But little doubt was at that time entertained that Smith was cognizant of the whole plot, and he was arrested at West Point on the night of September 23, 1783, by Colonel Gaultier, the French officer whom Washington sent for that purpose. He was conducted under guard to West Point, and from that place to Tannien, where he was kept in confinement till he was tried by a court-martial.

The court-martial was held for the trial of Smith assembled on September 26, 1783, the day after the examination of Andre, and continued by ad-

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